

# W. L. Stephens Pool Schedule

April 3-8

MONDAY		
Lap Swim 6:00 am – 4:00 pm 6:30 pm – 8:45 pm	6:00 am – 4:00 pm	Lap Swim
	8:00 am – 8:45 am / 9:00 am – 9:45 am	Water Fitness / Lap Swim *
	10:00 am – 10:45 am	Arthritis Fitness
	4:00 pm – 6:30 pm	<b>SMRT / No Lap Swim</b>
	6:30 pm – 7:15 pm	Water Aerobics / : <b>Limited Lap Lanes Available</b>
	7:30pm – 8:45 pm	Lap Swim

TUESDAY		
Lap Swim 6:00 am – 4:00 pm 6:30 pm – 8:45 pm	6:00 am - 4:00 pm	Lap Swim
	7:00 am / 8:00 am / 9:00 am	Water Fitness / Lap Swim *
	4:00 pm – 6:30 pm	<b>SMRT / No Lap Swim</b>
	6:00 pm – 8:00 pm	Lessons
	6:30 pm – 7:15 pm	Water Aerobics / : <b>Limited Lap Lanes Available</b>
	7:30pm – 8:45 pm	Lap Swim : <b>Limited Lap Lanes Available</b>

WEDNESDAY		
Lap Swim 6:00 am – 4:00 pm 7:30 pm – 8:45 pm	6:00 am - 4:00 pm	Lap Swim
	8:00 am – 8:45 am / 9:00 am – 9:45 am	Water Fitness / Lap Swim *
	10:00 am – 10:45 am	Arthritis Fitness
	4:00 pm – 6:30 pm	<b>SMRT / No Lap Swim</b>
	6:30 pm – 7:15 pm	Water Aerobics / <b>No Lap Swim</b>
	6:30 pm – 7:30 pm	Unified Swim Team / <b>No Lap Swim</b>
	7:30pm – 8:45 pm	Lap Swim

THURSDAY		
Lap Swim 6:00 am – 4:00 pm 6:30 pm – 8:45 pm	6:00 am - 4:00 pm	Lap Swim
	7:00 am / 8:00 am / 9:00 am	Lap Swim / Water Fitness *
	4:00 pm – 6:30 pm	<b>SMRT / No Lap Swim</b>
	6:00 pm – 8:00 pm	Lessons
	6:30 pm – 7:15 pm	Water Aerobics : <b>Limited Lap Lanes Available</b>
	7:30pm – 8:45 pm	Lap Swim : <b>Limited Lap Lanes Available</b>

FRIDAY		
Lap Swim 6:00 am – 4:00 pm	6:00 am - 4:00 pm	Lap Swim / Masters *
	8:00 am – 8:45 am / 9:00 am – 9:45 am	Water Fitness / Lap Swim *
	10:00 am – 10:45 am	Arthritis Fitness
	4:00 pm – 6:30 pm	SMRT / <b>No Lap Swim</b>

SATURDAY		
Lap Swim 9:00 am – 3:45 pm	9:00 am – 3:45 pm	Lap Swim
	9:00 am – 9:45 am	Water Fitness
	12:00 pm – 3:45 pm	Rec Swim

\*Limited Lap Lanes Available